UCSF newsbreak

NEWS FOR THE UCSF CAMPUS COMMUNITY VOL. 14, NO. 13 JUNE 18, 1999

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LISA CISNEROS

Julie Gualco-Patt, a registered nurse for nine years, cares for Kendra Mitchell of Reno in the newly renovated sixth-floor pediatric inpatient unit.

A great morale booster

With its brightly colored doorways capped by sculptured dolls and hallways adorned with cheerful murals and drawings, Long Hospital's sixth floor is unmistakably a children's space.

The newly renovated pediatric inpatient unit re-opened May 25 during a special preview for staff, physicians, supporters and some of the families whose children would move into the new rooms the next day.

The remodeling completes the renovation of the 60-bed general pediatrics section of Lucile Packard Children's Hospital at UCSF. The seventh floor was remodeled last year.

The children's hospital also includes a playroom and a family lounge on the sixth floor and a schoolroom, teen center and rehabilitation gym on the seventh floor — amenities to help families keep their child's life as normal as possible during a hospital stay.

"We're delighted with the remodel of these pediatrics floors. The design is a great morale booster for the children, the families and the staff," says Inez Wieging, a registered nurse and patient care manager for general pediatrics.

And each patient room has a TV with VCR and a Nintendo game, thanks to a family whose son recently was discharged from the hospital.

Trial suggests osteoporosis cure

BY WALLACE RAVVEN

The first fully controlled two-year study of a new treatment for osteoporosis in postmenopausal women restored bone mass to its original level in nearly two-thirds of the women participating in the trial, UCSF scientists reported Tuesday.

The new drug treatment — a synthetic version of part of a natural human protein called parathyroid hormone (hPTH 1-34) — was three times more effective at reversing bone loss than the best drugs currently available, they reported.

The results suggest a way to cure the debilitating disease for the first time, says senior author Claude Arnaud, professor emeritus of medicine and physiology at UCSF and director of the osteoporosis study funded by the National Institute of Aging.

First author Bruce Roe, assistant clinical professor of medicine at UCSF, presented the report presented at the annual meeting of the Endocrine Society in San Diego.

About 25 million older women in the US suffer bone loss due to osteoporosis, which results in 1.5 million fractures a year. About half of those fractures occur in the spine and more than 280,000 are hip fractures, which hasten patients' move to wheelchairs, nursing homes and irreversible debility, Arnaud says.

This is the first randomized, placebo-controlled, double-blinded study of the hormone's ability to increase bone mass in postmenopausal women with osteoporosis. A previous randomized, but not placebo-controlled study by UCSF's Nancy Lane, associate clinical professor of medicine, and Arnaud showed similar bone mass effects from an estrogen and parathyroid hormone regimen in subjects with corticosteroid-induced osteoporosis.

The results of the study suggesting a potential cure for osteoporosis must overcome a concern from a related finding, however. A recent parathyroid hormone study by the pharmaceutical company Eli Lilly, using laboratory rats, found that a small percentage of the rats developed a kind of malignant bone tumor known as osteogenic sarcoma when the animals were given doses of parathyroid hormone considerably higher than the human dose used in the UCSF study. The rats were also given the hormone throughout their entire lives.

These tumors occur only rarely in people, and primarily in those under 25. The Food and Drug Administration advised the medical community not to administer parathyroid hormone to young people, but the FDA recommendation did not apply to the two-year osteoporosis study reported today, since those taking the drug were all postmenopausal women and thus very unlikely to develop cancer from the hormone. No bone tumors were detected during the study according to Arnaud.

In addition, malignant bone tumors have been rarely if ever reported among the thousands of adults with excessive amounts of parathyroid hormone in their blood due to diseases of their parathyroid glands, Arnaud adds.

The Eli Lilly finding in rats, Arnaud says, "should serve to alert us to be cautious as we proceed toward further development of parathyroid hormone as a powerful treatment for established osteoporosis in older adults."

One of the first goals, he said, is to confirm that the large increase in bone mass induced by the hormone translates into a marked decrease in fracture risk.

Researchers propose theory about how cells communicate

BY JENNIFER O'BRIEN

Researchers at UCSF are proposing a revolutionary new theory about the way cells communicate at long distance.

Their findings, published in the May 28 issue of Cell, derived from a study about how cells communicate during development in the fruit fly Drosophila melanogaster, but, they say, the theory could be applicable to some types of cell communication in many life forms.

The researchers were investigating the way in which cells communicate with one another about how to develop from the unspecialized cells that follow conception, to the specialized cells that make up the organs and limbs of a fully developed organism.

They focused their study on cell communication in the developing wing of Drosophila, and, in so doing, detected long, cellular extensions reaching from the unspecialized, or "undifferentiated," cells of evolving tissue to the signaling centers of distant, special cells within the wing that orchestrate development.

What these extensions, which they named cytonemes, do once they reach these signaling centers has not been determined. But the supposition — which if correct would be revolutionary — is that they relay back to the cells from which they originate messages about how to evolve, or differentiate — in other words, how to behave.

Until now, developmental biologists have assumed that this critical communication was initiated not by the target cells in need of instruction, but by the cells that transmit the instructions. Moreover, they have thought that the communication involved the signaling messengers migrating through the extracellular matrix to their destination — not by being transmitted through a conduit.

"If our theory is accurate," says the senior author of the study, Thomas B. Kornberg, a professor of biochemistry and biophysics at UCSF, "it will cause developmental biologists to fundamentally rethink how these signaling molecules move, and how cells communicate with one another."

The theory is particularly provocative because it suggests that all normal cells of the body communicate the way the brain's neurons, or nerve cells, do — via cytoplasmic extensions.

"Our observations show striking parallels between cytoneme-bearing cells and neurons," says Kornberg.

"We suggest that, contrary to conventional thinking, all cells communicate via these extensions — that they send out very long thin fingers to make contact over very long distances."

Now, to determine if cytonemes actually function as the conduits for the chemical signals, the researchers are developing systems in which two cells communicate with each other — one sending signals, one receiving — and restricting the mode of communication to cytonemes. If they can determine that the cells communicate via these processes, they will have established the cytoneme's function.

"If the finding bears out," says Kornberg, "it could cause people to rethink how they think these molecules move, and how cells communicate with one another. This would represent an entirely different way of looking at it."

The UCSF study was funded by the National Institutes of Health and the Merck Genome Research Institute.

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Fillmore wins international award

Kaye Middleton Fillmore, a School of Nursing adjunct professor in the department of social & behavioral sciences and the Center for Health & Community, received the prestigious Jellinek Memorial Award in alcohol studies, jointly with Alexander Wagenaar from the University of Minnesota.

This international award is given periodically to scholars in the field of alcohol studies for lifetime research excellence in the biomedical, epidemiological, and social science disciplines.

This year's award was given in the category of epidemiology and population studies. Fillmore was awarded the prize for her contribution to the basic understanding of the life course of drinking and of alcohol problems in a multinational context.

Fillmore also conducts research at UCSF on alcohol and the work place, alcohol and gender roles, mortality studies, and social policy. She is currently directing the Collaborative Alcohol-Related Longitudinal Project, which explores situational and contextual factors in drinking across multiple national boundaries.

The award was presented on May 31 at the annual Alcohol Epidemiology Symposium for Social and Epidemiological Research on Alcohol, in Montreal, Canada.

PRIVATE SUPPORT

UCSF is pleased to acknowledge the following gifts/pledges of $25,000 or more from individuals, corporations and foundations received May 23-June 5.

$500,000 or more

Dr. and Mrs. Paul M. Beckham

$250,000 - $499,999

Estate of Frank Glump

$100,000 - $249,999

Sofamor Danek, U.S.A.

$25,000 - $99,999

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ROBERT FOOTHORAP

Taking a lesson from UCSF

Third-grade students at San Francisco's Notre Dame des Victoires School used the 1868 map of the city, reprinted in the April issue of the UCSF Magazine, as the centerpiece of a San Francisco history lesson.

UCSF among leaders in NIH grants for biomedical research

All four UCSF schools ranked among the top three comparable institutions in the country in the 1998 fiscal year competition for federal research dollars from the National Institutes of Health (NIH), according to data obtained from the agency.

The UCSF schools received a total of $224.7 million in research grants, training grants, contracts and fellowships during the 1998 federal fiscal year, $13.5 million more than during the 1997 fiscal year.

Peer review determines who receives NIH research money. At UCSF, numerous basic and clinical research projects aimed at understanding or treating a variety of diseases — including cancer, heart disease and AIDS — have been supported by NIH.

The UCSF Schools of Dentistry, Nursing and Pharmacy each ranked first in NIH support in 1998, and the School of Medicine ranked third.

The UCSF School of Pharmacy has been the top-ranked pharmacy program in NIH-funding for 13 consecutive years. In 1998, the school received 48 awards totaling more than $14 million. UCSF ranked ahead of pharmacy programs at the University of Utah ($7.3 million), University of Arizona ($5.3 million), University of Kansas ($4.6 million) and Florida Agricultural and Mechanical University ($4.5 million).

The UCSF School of Dentistry remained the top-ranked dental institution in NIH-funding for the seventh straight year with nearly $13.6 million from 48 NIH awards. The University of Washington ($9.1 million) placed second, and the University of Pennsylvania ($7.4 million), University of Michigan ($6.8 million) and University of North Carolina ($5.9 million) completed the top five.

The UCSF School of Nursing, which received 25 awards totaling $6.3 million, ranked first among institutions in its category for the first time in 1998. The University of Washington ($6 million) ranked second, followed by the University of Pennsylvania ($5.8 million), the University of North Carolina ($3.6 million), and Case Western Reserve University ($3.1 million).

The UCSF School of Medicine received 612 awards totaling $190.8 million in 1998. UCSF ranked third, behind Johns Hopkins University, which received $224.6 million, and the University of Pennsylvania ($201 million). Washington University in St. Louis ($189.4 million) and Yale University ($178.7 million) placed fourth and fifth.

Gift advances information technology

The School of Pharmacy at UCSF has received a $500,000 endowment from the McKessonHBOC Foundation to fund a new chair to advance the pharmaceutical uses of information technology.

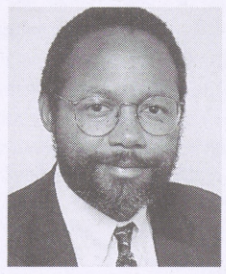
The endowment will support the school's effort to adapt information technology to improve the way patients, clinicians, providers, drug manufacturers and distributors access and share pharmaceutical and patient care information.

The McKessonHBOC Foundation Endowed Chair in Pharmaceutical Information Technology is the largest grant ever awarded by the philanthropic arm of San Francisco-based McKessonHBOC Inc., the world's largest pharmaceutical distributor and healthcare information technologies company.

"The McKessonHBOC leadership clearly recognizes information technology's immense potential to improve quality, service and savings at all links in the chain of care – from drug developers and distributors to patients, pharmacists and clinicians in the largest HMOs," says Dean Mary Anne Koda-Kimble.

"We are gratified that McKessonHBOC recognizes that many of the best innovations in this complex, promising new field will come from the leading schools of pharmacy."

Alumni honor Washington



Washington

Eugene Washington, chair of UCSF obstetrics, gynecology and reproductive sciences and a 1976 UCSF School of Medicine graduate, was recently named the 1999 UCSF School of Medicine Alumnus of the Year.

The highest honor provided by the UCSF Alumni-Faculty Association, the award recognizes the services and activities of outstanding UCSF School of Medicine alumni.

Since his graduation from UCSF, Washington has achieved an outstanding record as an internationally known physician, scientist, teacher, leader and humanitarian. In addition to chairing the ob/gyn department, Washington is also the director of the UCSF Medical Effectiveness Research Center for Diverse Populations. The center focuses on research that aims to improve the health of minority and underserved populations. He is also the principal investigator of the UCSF Stanford Evidence Based Practice Center and of the UCSF Women's Reproductive Health Research Career Development Center.

Washington came to UCSF as a medical student in the fall of 1972; he excelled academically and quickly became a leader among his peers. He developed a strong interest and became heavily involved in public health and educational issues. While a student at UCSF, Washington found the time to attend the School of Public Health at UC Berkeley where he received his MPH degree in 1975. In 1976, he graduated from UCSF and moved to New York to become an intern at the US Public Health Service Hospital.

He went on to Harvard's School of Public Health where he was a resident in preventive medicine from 1977 to 1979, receiving a Master of Science degree in 1978. He then began a career as an epidemiologist and international scholar at the Centers for Disease Control (CDC) where he focused on the relatively obscure area of infectious and sexually transmitted diseases (STD) in young women — at the time this was considered a rather bold career move. Washington was successful in developing the first comprehensive CDC STD Treatment Guidelines and national guidelines for preventing and managing infections with chlamydia.

He later conducted a series of studies which led to the development of national prevention and management policies for pelvic inflammatory disease, with his research being published in the Journal of the American Medical Association (JAMA).

An accomplished epidemiologist and health policy scientist, Washington returned to clinical medicine in 1986 when he began a residency in gynecology and obstetrics at Stanford University. After completing his clinical residency, he returned to UCSF in 1989.

ABBY SINNOTT

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Advocating humane treatment in nursing homes

BY LISA CISNEROS

Despite a plethora of research citing widespread nursing home abuse and neglect and national legislation designed to improve and monitor quality, many residents still live in deplorable and even dangerous conditions, a UCSF researcher says.

Much needs to done to protect the roughly 1.6 million elderly and disabled folks in 16,800 nursing homes across America, reports Charlene Harrington, UCSF professor of sociology and nursing in the department of social and behavioral sciences in the School of Nursing.

Delivering the 19th annual Helen Nahm Research Lecture in a full auditorium on June 4, Harrington painted a dreary picture of the nation's nursing homes based on her extensive research and that of her colleagues.

"When confronted with the reality of chronic illness and disability, we would like to believe that our institutions provide humane treatment for the ill and dying," she says. "Although that is true for some fortunate individuals who live in high-quality nursing homes, many residents are living in deplorable conditions where they experience painful and unnecessary death."

Examining federal data for all US nursing homes, Harrington found that half of all nursing home residents were incontinent and almost half were placed on psychotropic drugs — which "often serve as chemical restraints to keep residents quiet." Most residents were unable to bathe, dress and feed themselves. Many residents had contractures or immobile joints from lack of movement and pressure sores from unrelieved pressure on the skin. Others lacked proper nutrition and suffered from dehydration.

"Good nursing care can prevent and/or reduce most of these widespread problems in nursing homes," Harrington says. "Unfortunately, most of these serious problems have either remained the same or worse yet, increased over the past seven years."

Of 185 separate items federal standards used to measure the quality of nursing homes, Harrington says, "tragically most nursing homes don't meet these minimum standards according to the findings by state surveyors."

The politics of reform

Giving historical perspective to the issue, Harrington says reform efforts began in 1984 when President Reagan's attempt to deregulate nursing homes prompted the Congress to ask the Institute of Medicine (IOM) to study nursing home regulation. Harrington served on the IOM committee which drafted a report advocating for the passage of the Nursing Home Reform Act as part of the Omnibus Budget Reconciliation Act (OBRA) of 1987.

The act placed unprecedented emphasis on the quality of life and quality of care of nursing homes, launched a comprehensive resident assessment program, improved the survey process focusing on outcomes of care and toughened enforcement with monetary sanctions for substandard care.

But, Harrington says, implementation of the act was problematic from the beginning. The Health Care Financing Administration (HCFA), a federal agency which administers Medicare and Medicaid and regulates survey and certification and quality of care improvement, did not issue the final enforcement regulations until seven years after the act was passed.

"The failure of the OBRA 1987 can best be explained by politics, which interfered with regulatory reform under both the Bush and Clinton administrations," she says. "The extensive lobbying effort mounted by the nursing home industry and almost $1 million in annual campaign contributions appears to be directly related to the series of federal policy actions that weakened the entire enforcement program."

Harrington first learned about the problems in nursing home care in 1975 when the California Little Hoover Commission, which studies governmental problems, asked her to review and critique the state health programs.

"We found that the California Licensing and Certification program, responsible for regulating nursing homes, was completely ineffective. About one-third of the facilities in California were considered to be operating below the minimum acceptable federal standards."

Little was done to remove the substandard nursing homes from the Medicare and Medicaid financing program, "even when life-threatening situations existed and deaths occurred," Harrington says.

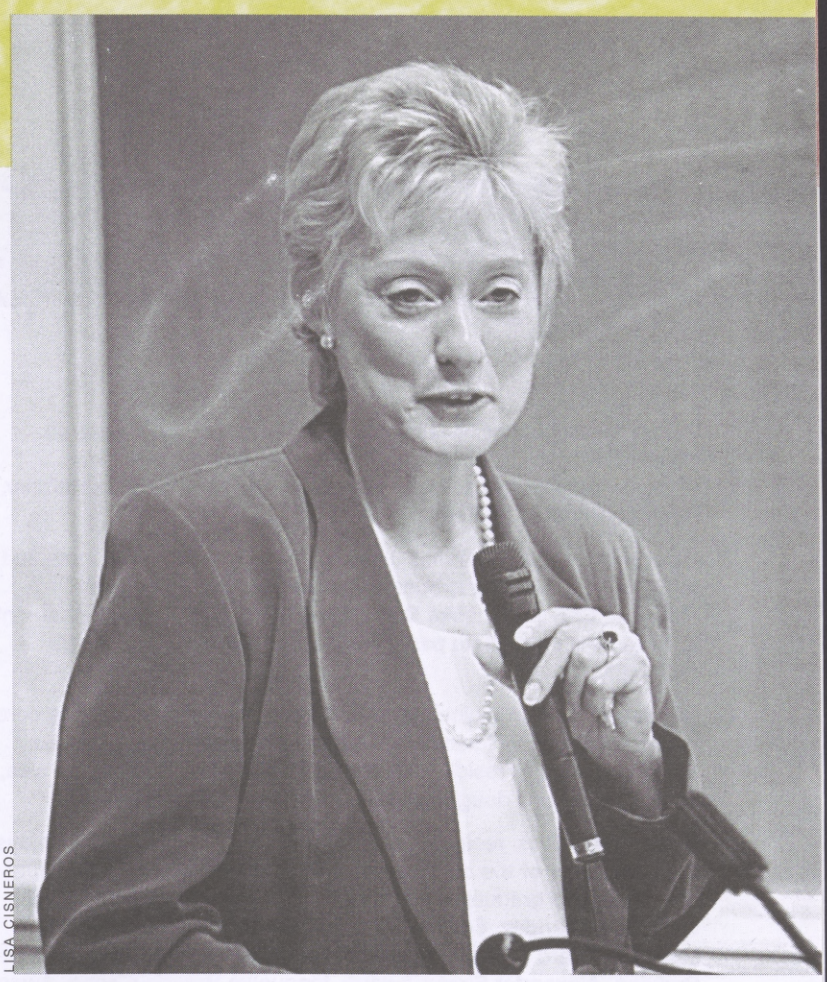
"After I was appointed the director of the California Licensing and Certification program, I soon learned how difficult it is to change a non-responsive bureaucracy heavily influenced by the nursing home industry to one that would take swift and effective actions against poor performing facilities," Harrington says. "More importantly, I learned that enforcement actions incurred the wrath of the nursing home industry and this quickly translated into angry responses from legislators, representing their wealthy and powerful industry campaign contributors.

"As regulation proved to be unpopular, Governor Jerry Brown's staff removed me from my appointed position and since then I have worked with consumer groups to advocate for nursing home reform."

The political tide may now be changing, she notes. The US Senate Subcommittee on Aging, chaired by Senator Chuck Grassley (R-Iowa), began a series of hearings last year to urge HCFA to improve its nursing home enforcement process. Harrington testified before that committee.

"Immediately prior to the July 1998 hearings, President Clinton announced a major new initiative to toughen the enforcement system. We can only hope this effort will actually make a difference and at least remove the substandard facilities from the Medicare and Medicaid programs."

And State Assembly Majority Leader Kevin Shelley (D-San Francisco/San Mateo) has introduced a bill to reform nursing home care. Winning support from both Republicans and Democrats, the bill, AB 1160, increases staffing ratios, reimbursements and enforcement of the more than 1,400 nursing homes statewide. The bill easily cleared the Assembly with a 53-to-15 vote on June 3 and was read for the first time on the Senate floor on June 7.



LISA CISNEROS

Charlene Harrington

Enforcement problems

"After the 1987 Nursing Home Reform Act passed, it was assumed that enforcement would improve," Harrington says. "Rather than taking more actions against poor performing facilities, we found that the state surveyors have been giving fewer deficiencies. Over the last seven years, the average number of deficiencies declined by 44 percent, while facilities with no deficiencies increased by 100 percent."

At the same time, she says, HCFA changed the way deficiencies were classified so that fewer deficiencies were classified in the most severe category. Harrington also found wide variations in state agency enforcement practices, where some state agencies only rarely gave deficiencies.

The government pays 61 percent of the nursing home bill in the US or $87.5 billion per year. Of that amount, she says, only 36 percent is actually spent on care while administrative costs absorb 27 percent of the budget.

Indeed, one of the major problems facing nursing homes is inadequate federal standards for nursing services. The federal government only calls for one registered nurse for eight hours per day seven days a week and one licensed vocational nurse on duty 24 hours per day, regardless of the size of the facility, she notes.

Predictors for low staffing levels are — not surprisingly — more typical in a for-profit nursing home, which seeks to maximize profits for the company's stockholders. Large facilities, chains and those with higher numbers of Medi-Cal patients also are likely to operate with fewer staff.

> "Good nursing care can prevent and/or reduce most of these widespread problems in nursing homes."

She and other experts recommend higher staff ratios that vary depending on the time of day, doubling training requirements and increasing wages and benefits in an attempt to improve high staff turnover rates. On average nursing home nurses earn 15 percent less than their counterparts working in an acute care hospital and half do not receive any health care benefits, according to Harrington.

Some 66 percent of the nation's nursing homes are for-profit businesses, publicly traded to investors looking for short-term gains. "The volatility of the stock market threatens the quality of nursing homes," she says.

Harrington and other nursing home advocates also call for full public disclosure of financial information of nursing homes and information on quality.

President Clinton agreed to put federal nursing home survey results and violation records on the Internet to increase accountability and make information more accessible. For the first time ever, consumers now can compare nursing homes online, Harrington says. The information on the new website Nursing Home Compare (www.medicare.gov) contains the most recent information from state inspections of every Medicare- and Medicaid-certified nursing home. The data is based on information from HCFA's Online Survey, Certification, and Reporting database, which provides survey results provided and updated by states.

"Real reform must be in the political arena," says Harrington, who adds that 21 states, including California are considering nurse-staffing legislation this year.

"The vision for the future is actually quite simple, even straightforward," Harrington says. "It is to provide quality of care and quality of life for those living in nursing homes. These are values that our country purportedly holds dear for its citizens when they are unable to care for themselves. The problem is to generate awareness and outrage among our good citizens and politicians to underwrite costs of decent long-term care."

School of Nursing Psychiatry Department commence

1. Before the School of Nursing commencement at the California Masonic Memorial Temple on June 4, Ann Marie Malec, who received a master of science degree as an acute care practitioner, makes some last-minute adjustments.

2. From left Honorary Marshall Jeanne Quint Benoliel, an alumna, led the School of Nursing processional followed by Dean Jane Norbeck, Chancellor Mike Bishop and Martha Hill, commencement speaker and immediate past president of the American Heart Association.

3. The department of psychiatry celebrated commencement at a ceremony on June 4 in Toland Hall. Among the recent graduates are Fresno psychiatry resident Petros Ghermay, pictured with his wife, Tegest Hailu, and daughter, Leah, before the ceremony.

4. Elizabeth Oudens, recipient of the Henry F. Albronda Award, enjoys the comments of the commencement speaker Peter S. Jensen, at the psychiatry graduation. Other award recipients included Maria Isabella Fernandez, Edwin F. Alston Award; Jennifer B. Athey, Laughlin Award of the National Psychiatric Endowment; Steven D. Prakken, Alexander Simon Award; Jacquelyn Brenda Chang, Award for Creative Achievement; Burke J. Bonilla, Chairman's Award, Fresno; Ariel Janna Lang, Robert E. Harris Award for Clinical Psychology; and Douglas W. Billings, Robert E. Harris Award for Health Psychology.

5. Peter S. Jensen, associate director for Child and Adolescent Research, National Institute of Mental Health, delivered the commencement address at the psychiatry graduation.

6. Craig Van Dyke, chair of the department of psychiatry, chats with Nancy Adler, director of the Center for Health and Community, before he received the George Sarlo Prize for Excellence in Teaching. Other faculty awards winners are Jennifer Athey, Residents' Association Awards for Teaching and Susan Smiga, LPPI-UCSF Alumni-Faculty Association Interdisciplinary Achievement Award.

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7. Rodrig Stubbs, right, winner of the Outsanding Master of Science Student Award, gets assistance from classmate Lin Jong-Ni before the School of Nursing ceremony. Stubbs is a teaching assistant and president of the Black Student Nurses' Association. The award is presented to those who best demonstrate leadership, scholarship, expertise in the area of specialization and potential for significant contribution to nursing and scholarship.

8. Lisa Lestishock, center, receives the Nursing Alumni Student Award for Meritorious Service, an honor for those who make a significant contribution in community service. Lestishock is a member of Sigma Thata Tau, the National Nursing Honor Society. The School of Nursing also presented awards to Joan Spicer, who received the Distinguished Dissertation Award in Nursing; Catherine Waters, who received the Excellence in Teaching for the master of science program; and Mary White, who received the Mentor of the Year Award for the doctoral program.

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Photos by Chris T. Anderson

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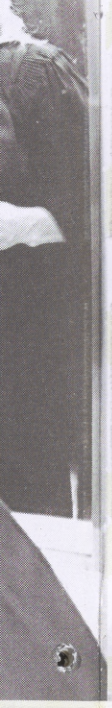

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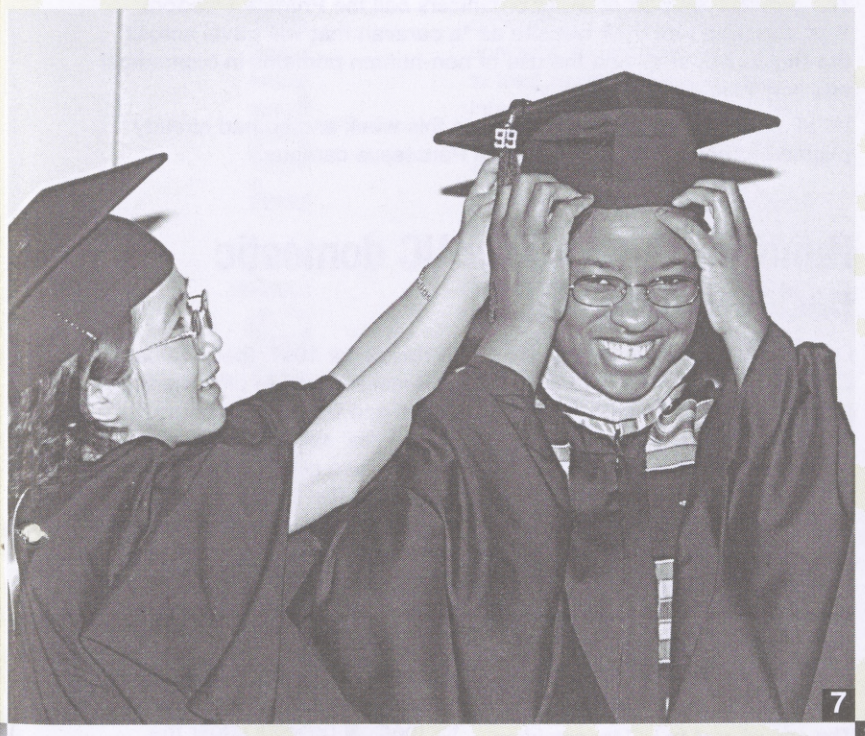

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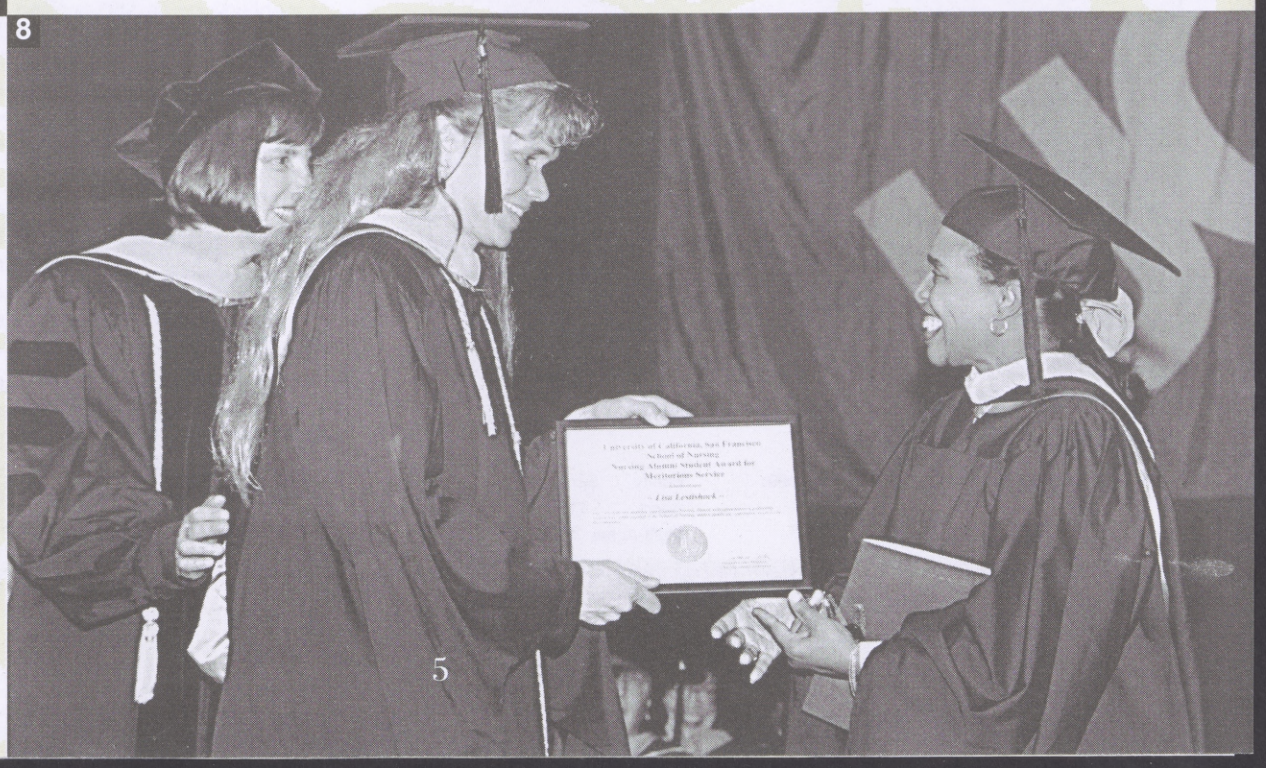

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Voting continues for UCRS board

UCSF employees are encouraged to vote for a representative to the UC Retirement System (UCRS) board during the election period through June 30.

Votes will be cast and tabulated by means of an automated telephone system. Votes are secure and confidential.

Beginning at 8 a.m. on July 6 and ending at midnight on July 26, employees can call the toll-free number, 1-800-639-3779 to find out the name of the newly elected UCRS board members.

Election materials, with the candidates' statements and voting instructions, were mailed out last month. Any eligible voter who has not received the information should call the UC Human Resources/Benefits Customer Service number at 1-800-888-8267.

Call for applications

The UCSF Center for Aging in Diverse Communities (CADC) is requesting applications for pilot studies to investigate issues of health and aging in African-American and Latino populations.

CADC has a total of $40,000 to fund two to four pilot studies for the coming year starting September 1999. The pilot study must be led or co-led by an individual at the junior faculty level of assistant professor or less, by a postdoctoral fellow, or a graduate student advanced to candidacy for a doctoral degree. Faculty or postdoctoral fellows in medicine, nursing, public health, social sciences, or any health-related discipline are eligible. African-Americans, Latinos, Asians, American Indians and other minority investigators are invited to apply. The CADC expects to fund two to four pilot studies in each of years 3 to 5 through 2002.

The completed application should be received no later than Tuesday, July 6.

For general information, questions regarding the application process or this request for applications, please contact: Sylvia Correro, center coordinator, at 476-9933 or email: sylc@medicine.ucsf.edu

Free legal services

People with HIV and AIDS may receive free legal advice and execute durable powers of attorney for health care at the offices of the UCSF AIDS Health Project, 1930 Market Street (at Laguna).

Several volunteer attorneys and notaries public from the AIDS Legal Referral Panel will staff the event on Tuesday, June 29, from 3 to 8 p.m.

Durable powers of attorney, also known as "living wills" or "advance directives," allow people to select one or more family members, partners or trusted friends to make health care decisions for them if they become incapacitated.

People interested in this free service should make an appointment by calling 415/291-5454. Drop-ins will also be accommodated on a first-come first-served basis.

This event is co-sponsored by the AIDS Legal Referral Panel, UCSF/AIDS Health Project, UCSF PositiveHealth Program (includes San Francisco General Hospital Medical Center Ward 86, PositiveHealth Practice at UCSF and Bay Area Perinatal AIDS Center).

Call by June 20 to arrange for sign language interpretation or other accommodations. The AIDS Health Project's offices are wheelchair accessible.

Fund Performance

ENDING MAY 31, 1999

Total rates of return for the UC 403(b), DCP, and comparative indices

UC Fund/Index	1 Month	3 Month	12 Month	5 Year*	Year To Date
UC Savings Fund	0.49%	1.49%	6.09%	6.31%	2.47%
US T-Bill (1-Yr)	0.40	1.17	4.77	5.49	1.92
UC Money Market Fund	0.41	1.23	5.34	5.55	2.05
US T-Bill (30-Day)	0.34	1.14	4.65	5.07	1.86
UC ICCF Fund	0.57	1.70	7.19	7.63	2.82
US Gov't Intermediate Bonds**	-1.47	-0.42	4.32	6.71	-2.49
UC Bond Fund	-2.82	-0.63	1.36	13.59	-3.59
Lehman Bros. Gov't/Corp/Yankee	0.25	-1.65	6.27	8.00	1.97
UC Equity Fund	-0.70	8.92	23.21	22.07	11.55
S&P 500	3.87	4.672	1.82	26.88	6.47
UC Multi-Asset Fund	-0.63	3.78	11.03	12.97	4.48

*Annualized rate of return reflects average over the past five years.

** Gov't bond model. Ibbotson Associates.

Unit values for variable funds as of May 31, 1999:

Equity	$271.53
Bond	110.44
Multi-Asset	26.63

Unit values are similar to mutual fund share prices and change monthly to reflect changes in the market value of the fund's underlying investments, inclusive of interest and dividend income. Past performance is neither a guarantee nor a predictor of future returns.

Source: Jerry Neal, UCSF Benefits and Financial Planning

CHRIS T. ANDERSON

Get fit for summer

UCSF's Millberry Recreation & Fitness Center has recently extended its membership eligibility to include residents living in the following zip code areas: 94114, 94117, 94122 and 94131. Membership, however, is not required to participate in the classes, including a course in Qi Gong, an ancient form of meditation. For more information or to receive a catalog, call 476-0348.

Peaceful protest follows break-in

About 20 animal rights activists returned to UCSF on Monday after ten protesters were arrested Sunday for breaking into an animal care facility on campus.

On Sunday, the demonstrators broke into animal quarters housing primates used in a hearing loss study. The protestors illegally entered at least two animal care areas, breaking the window of one before being caught by campus police.

Although about 30 people were thought to have participated in the demonstration, ten were caught. Those arrested all face criminal charges of trespassing, refusing to leave, and misdemeanor burglary. Four of them face an additional charge of resisting arrest, police say.

For close to a year, protestors have been demonstrating at UCSF against the use of animals in research, often targeting a study on hearing loss that uses a small number of squirrel monkeys. In recent months, demonstrators have threatened the researcher, done thousands of dollars worth of damage to laboratory equipment and buildings, and terrorized the researcher's family by setting a fire outside their home and hurling heavy objects through their windows.

The protests are part of what organizers call the Primate Freedom Tour, described on their website as "a caravan that will travel across the United States to end the use of non-human primates in biomedical and scientific experimentation."

UCSF police had anticipated protests this week and so had already planned to heighten security on the Parnassus campus.

Hundreds sign up for UC domestic partners program

One year after the University of California first offered domestic partners health coverage, nearly 1,400 employees and retirees systemwide have signed up for the benefits.

That level of participation — about 1 percent of faculty, staff and retirees enrolled in UC medical plans — is consistent with the University's original enrollment estimates, which projected participation in the range of 0.5 percent to 2 percent.

The annual cost to UC for providing health benefits through this program is estimated at $1.85 million — much less than original UC top estimate of $4.9 million per year.

At UCSF, 211 employees and retirees have signed up for medical benefits under the domestic partners policy, or 1.85 percent of the total campus membership in UC medical plans.

"We are very pleased to see UC faculty and staff participating in this program," says Judith W. Boyette, UC associate vice president for human resources and benefits. "We believe these benefits enhance the University's ability to attract and retain high-quality faculty and staff."

In November 1997, the UC Board of Regents voted to offer medical, dental and vision benefits to UC employees' same-sex domestic partners and certain other family members. The University held a special enrollment period for these benefits in May 1998, and they were offered again during the customary open-enrollment period in November 1998.

Currently, 1,224 active employees and 157 retirees have signed up for medical benefits under the domestic partners program. They comprise approximately 1.04 percent of the 133,000 faculty, staff and annuitants who are enrolled in UC medical plans.

About 53 percent of those signing up have enrolled a same-sex domestic partner, while 46 percent have enrolled an adult dependent relative and 1 percent have enrolled the child or grandchild of a same-sex domestic partner.

UC Santa Cruz had the highest per capita participation in the program, with 1.93 percent of the total campus membership in UC medical plans (65 employees and retirees). UC Los Angeles had the highest number of actual participants with 413, equaling 1.66 percent of the campus.

Lane pens book on preventing osteoporosis

BY CORINNA KAARLELA

Lane

Osteoporosis shows no early symptoms as it begins creeping into the bodies of men and women during mid-life, but it can be prevented, according to a specialist in bone disease at the University of California, San Francisco.

"In my practice I treat many men and women who have shrunk two or three inches in height as a result of osteoporosis, and it's unfortunate because it could have been prevented," says Nancy E. Lane, UCSF associate professor of medicine who treats patients at San Francisco General Hospital Medical Center. "No one should wait to find out how to keep bones healthy."

People with osteoporosis have fragile bones that are very susceptible to fractures. An activity as mild as coughing can sometimes make the spinal vertebrae break, causing a person to become hunched over and, in severe cases, to develop a noticeable hump in the back over several years and to lose several inches in height.

In a new book that she authored, "The Osteoporosis Book: A Guide for Patients and Their Families," Lane outlines the life cycle of bone, how osteoporosis develops, who is at risk, and how the disease is diagnosed, treated and prevented.

Organized as an educational guide, the book includes a summary of key points at the end of each chapter, profiles of typical patients to help readers identify themselves, steps to reduce risks, and sources for additional information, including newsletters and cookbooks.

"My goal was to present user-friendly information that will help the current generation of men and women, and the next generation, to all stand tall," Lane says.

Most people think of osteoporosis as a woman's disease because it does affect more women than men but, regardless of gender, it can severely influence quality of life, she emphasizes. About 25 million Americans suffer from osteoporosis.

"Bone weakening occurs because there is a significant change in the structure of bone and loss of bone mass," Lane says. "Through a complicated process called the bone remodeling cycle, bone constantly is being created and maintained throughout life. As we age, this process changes and we break down more bone than we make. Less bone mass results in weaker bone," she explains.

Many factors determine bone mass, with age, sex, race, and genetics being most important. With current medical technology, osteoporosis can be detected through a bone mass measurement, taken through scanning techniques such as ultrasound. Current drug treatments for the disease focus on reducing bone loss by slowing the change in bone mass.

"Prevention of osteoporosis means prevention of low bone mass, and lifestyle factors are important. Our decisions on diet, medication, vitamin supplements, even the type of exercise we choose, will affect progression of the disease," Lane emphasizes.

bone basics

- Calcium, an important mineral for bone health, helps bone grow strong in youth, maintains bone mass in middle age, and prevents some bone loss with aging. Good sources are dairy products and calcium supplements.
- Vitamin D is essential for bone health. It promotes calcium intake and maturation of bone cells. Good sources are sunlight and a daily multiple vitamin.
- The best diet to maintain bone mass is moderately high in protein, with plenty of fruits and vegetables.
- Men and women who perform weight-bearing exercise (walking, climbing stairs, moderate weight-lifting) three to five times a week generally have more bone mass than non-exercisers.
- Hormone replacement therapy (HRT) beginning at menopause and continuing for seven to ten years gives women long-term protection against osteoporotic fractures. But like any medication there are risks, including breast cancer, other cancers, clotting problems, and gallstones, and each woman must evaluate her individual benefits and risks, according to Lane.
- A combination of exercise and estrogen therapy is necessary to build bone in early menopause.

Source: Nancy Lane, UCSF

research roundup

UCSF offers new option for vision correction

For those who wish to reduce dependency on wearing glasses or contacts, a new non-laser option to treat nearsightedness called Intacs™ is now available at the UCSF Beckman Vision Center.

"This procedure gives patients with myopia or nearsightedness an alternative to laser surgical procedures and the device is removable and potentially adjustable," says Richard Abbott, UCSF professor of clinical ophthalmology, co-director of the UCSF Vision Correction Center, part of the UCSF Beckman Vision Center at UCSF Stanford Health Care.

Intacs™ consists of two tiny arcs of plastic made of the same material that has been safely used in replacement lenses after cataract surgery. When surgically inserted into the outer part of the cornea — the clear "dome-shaped" window at the front of the eye that covers the iris and the pupil — the tiny plastic arcs flatten the cornea to correct nearsightedness and are about as difficult to detect as a contact lens.

The procedure takes about 15 minutes for each eye. Patients usually notice improvement in vision immediately after surgery.

LORDELYN P. DEL ROSARIO

Exercise, hormones ease HIV-wasting

Men who suffer from HIV-wasting syndrome can benefit significantly from a combination of exercise and regular, moderate doses of male hormones, according to a new clinical study led by a UCSF researcher.

The study team found the combined therapy produced an increase in lean-body mass and muscle strength, regardless of whether a patient was undergoing treatment with the HIV anti-retroviral drugs known as protease inhibitors.

"This is an important point, because weight gain after initiation of protease inhibitor therapy usually takes place through the accumulation of body fat, but our goal in patients with HIV-related weight loss is to build up the lean tissue," says lead study investigator Marc Hellerstein, UCSF associate professor of medicine, who treats patients at San Francisco General Hospital Medical Center.

The other key finding is that only a small amount of male hormones — or androgens — was necessary to produce positive results. "Much larger doses of androgens are often used by body-builders to develop muscular tissues, but such amounts have unproven long-term safety," says Hellerstein, who also is an associate professor of nutritional sciences at UC Berkeley.

CORINNA KAARLELA

Herbal therapy reduces prostate cancer levels

In one of the first studies of its kind, researchers at UCSF report that an herbal compound significantly reduced prostate specific antigen (PSA) levels, an indicator of cancer cells, in men with advanced prostate cancer.

In response to the herbal compound, 75 percent of the men in the UCSF study experienced more than a 50 percent decline in their PSA levels. Men in the study include those who had never received hormonal therapy before and patients with hormone-resistant prostate cancer, whose tumors no longer responded to hormonal therapies.

The compound is a combination of eight Chinese herbs, the most common of which is saw palmetto. It is commercially available at health food stores as an over-the-counter supplement for the treatment of prostate cancer.

During the UCSF study, a total of 61 men were evaluated for preliminary results. Study participants received nine capsules daily of the compound. The majority of these men are still enrolled in the clinical trial and continuing treatment at this time.

"Our findings suggest that [the herbal compound] may have efficacy as a treatment for some men with prostate cancer," says Eric Small, UCSF assistant clinical professor of medicine. "However, as of yet, we cannot precisely pinpoint the estrogenic or active anticancer ingredients, if any, that [the compound] may contain."

The study's results are preliminary and require further evaluation and a longer follow-up period of at least two years, Small says.

ABBY SINNOTT

reduce your use

700

The number of toxins that now routinely show up in tested drinking water. As a countermeasure, buy phosphate and chlorine-free cleaners and detergents. Use baking soda instead of bleach.

www.fm.ucsf.edu/energy.htm

University of California
San Francisco
UCSF

Facilities Management
Water and Energy Awareness
& Recycling Programs

calendar

June 19–July 2, 1999

21 monday

CANCER CENTER COURSE: The Cancer Center's Lab for Cell Analysis offers a two-day short course on "The Principles and Applications of Flow Cytometry and Cell Sorting," 9 a.m., 2340 Sutter St., Rm. 173. Fees. More information: 476-2632.

PREVENTING VIOLENCE: Human Resources offers training for all employees related to UCSF's policy of "Zero Tolerance for Violence in the Workplace," 12-2 p.m., SFGHMC, Carr auditorium. Presenters include representatives from: Human Resources, Labor and Employee Relations, The Faculty and Staff Assistance Program, Legal Counsel, Campus Police and the Center for Gender Equity. No reservations required.

WOMEN'S LUNCHEON: The Center for Gender Equity invites senior women faculty to attend "Women Mean Business," 11:30 a.m.-1 p.m., campus library Lange Reading Room, Parnassus. Learn about the increasing prominence of women as policy makers and leaders and about the limitations they still face. M.R.C. Greenwood, chancellor of UC Santa Cruz, is guest speaker. Free. Call 476-5222.

HEALTH POLICY SEMINAR: Anna Guevarra, doctoral student, UCSF department of social & behavioral sciences, presents "Mapping Pilipino Women's Health in the SF Bay Area: Bridging the Academy and Community," and Alice Wong, doctoral student, UCSF department of social & behavioral sciences, presents "The Work of Disabled Women Accessing Reproductive Health Care," noon-1:30 p.m., Laurel Heights, 3333 California St., Room 263. Sponsored by the Institute for Health Policy Studies and the Institute for Health & Aging. Call 476-4541.

CANCER SUPPORT: The UCSF Clinical Cancer Center and Ida & Joseph Friend Cancer Resource Center offer a support group for "Young Adults with Cancer," 5:30-7:30 p.m., 2200 Post St. Contact Keren Stronach at 885-3693.

FOR YOUR EYES ONLY: Stephen McLeod, assistant clinical professor, ophthalmology and cornea and refractive surgery service, part of UCSF Stanford Health Care, presents "Better Vision Now," 6 p.m., 8 Kirkham St. Learn new surgery options for vision correction. Free. Call 476-5021.

22 tuesday

GRAND ROUNDS: Residents Forum, 8 a.m., C 701, Parnassus. Sponsored by the department of oral & maxillofacial surgery.

BLOOD DRIVE: Donate blood, 10 a.m.-5 p.m., UCSF/Mount Zion, Hellman Conference Room. Tasty refreshments and great raffle prizes. Call 476-6989.

PREVENTING VIOLENCE: See June 21 listing. Location is N 217, Parnassus.

23 wednesday

GI SEMINAR SERIES: Khaldoun Debian, fellow, GI Division, presents "Flexible Scope Reprocessing: An Overview," 8-9 a.m., S 214, Parnassus.

GI GRAND ROUNDS: T.R. Levin, GI Division, presents "Screening Sigmoidoscopy Predicting Neoplasia," 9-10 a.m., S 214, Parnassus.

PREVENTING VIOLENCE: See June 21 listing. This workshop, 9 a.m.-12 p.m., is for managers and supervisors only. Location is N 225, Parnassus.

BROWN BAG LECTURE: Michael Scarce, coordinator of lesbian, gay, bisexual and transgender resources, UCSF Center for Gender Equity, presents "There's More to Us Than AIDS," 12:10 p.m., enter at 513 Parnassus, then go to HSW 300. Hear an update on the non-HIV health concerns of lesbian, gay, bisexual and transgender populations, including lesbian breast cancer, gay men's tobacco use, and violence against transgender people. Free. Sponsored by Public Service programs. Call 476-4394.

PSYCHOTHERAPY SEMINAR: Mardi Horowitz presents "Stress Response Syndromes: When Long-Term Treatment Is Indicated," 3-3:50 p.m., LP 371, Parnassus. Sponsored by the department of psychiatry. Call 476-7730.

CANCER CENTER SEMINAR: Ronald Levy, professor of medicine, Stanford University, presents "Lymphoma Therapy in the Post Genome Era," 4-5:15 p.m., HSW 300, Parnassus. Light refreshments provided. More information: 502-5190 or email mjnorman@cc.ucsf.edu.

SMOKING CESSATION: Paul Brunetta offers "Smoking Cessation Classes," Wednesdays from 5:30-7 p.m., for one month, UCSF/Mount Zion. More information: 885-3693.

24 thursday

MEDICAL GRAND ROUNDS: Carl Grunfeld, professor of medicine in residence, VAMC, presents "Does Haart Cause Heart Disease?" noon-1 p.m., N 225, Parnassus. Sponsored by the department of medicine. Call Edith Bucoy at 502-2765.

AUXILIARY ANNUAL MEETING: The Hospitals Auxiliary hosts its annual meeting, 11:30 a.m., Faculty Alumni House, 745 Parnassus. Featured speakers include Peter Van Etten, president & CEO, UCSF Stanford Health Care and Bill Kerr, executive vice president & COO, UCSF Stanford. Buffet luncheon at 11:30 a.m.; program starts at 12:15 p.m. Reservations are required. Call 476-4906.

ABOG YEAR-END PARTY: The UCSF Academic Business Officers Group (ABOG), invites members to take a break, 3-5 p.m., campus library, Lange Reading Rm. Celebrate ABOG's accomplishments and toast incoming '99-'00 co-chairs Cathy Sandeen and Mary Henry. RSVP to Paulette Gregg at 476-1157.

COMMONWEALTH CLUB LECTURE: Susan Christy, team building/leadership consultant, presents "Accountable Team Members: A Leader's Goal," 4:45 p.m., 595 Market St., San Francisco. Come learn the strategies of leaders who find success through helping employees take responsibility for results. Sponsored by Public Service Programs. Call 476-4394.

25 friday

INSURANCE BENEFITS TRAINING: Daniel Fortuno, national disability benefits specialist, presents a course for staff members on "Health Insurance Benefits," 10 a.m.-noon, 2356 Sutter St., 3rd Flr. Confeference Room. Learn more about public benefits: SDI, SSI, SSDI, Medi-Cal & Medicare; private benefits, short- and long-term disability, health insurance, life insurance and more. Sponsored by the Cancer Resource Center. RSVP to the Resource Center at 885-3693.

BOOKSTORE CLOSING: The UCSF Bookstore, along with the Bear Snacks Convenience Store, will close at 3 p.m. for their fiscal year-end inventory. The store will reopen for business during normal hours of operation on June 26.

CANCER CENTER SEMINAR: Ervin Epstein, professor, dermatology, presents "The Commonest Human Cancer in the Commonest Laboratory Rodent," 4-5 p.m., UCSF/Mount Zion, 2340 Sutter St., S 173. Call M.J. Norman at 502-5190.

28 monday

NATIONAL HIV FORUM: A symposium titled "Improving HIV Care and Prevention Into the 21st Century: Integrated Care for the Multiply Diagnosed," Omni Shoreham Hotel, Washington, DC. This forum will foster interdisciplinary discussions about the medical social, resource, and programmatic needs of persons with HIV. More information: http://meetings.s-3.com/hivcare .

CREATING BALANCE: Barbara Hoffer presents "Creating Balance: Increase Vitality & Release the Stress of Modern Life," 5-7 p.m., 2200 Post St., Hellman Conference Room. Learn techniques to improve emotional well-being and reduce fatigue, anxiety, depression and burnout. Light snacks and refreshments will be served. Sponsored by the Cancer Resource Center. To RSVP or for more information, call 885-3693.

FOR YOUR EYES ONLY: John Stanley, professor of clinical ophthalmology and cornea and refractive surgery service, part of UCSF Stanford Health Care, presents "Better Vision Now," 6 p.m., 8 Kirkham St. Learn new surgery options for vision correction. Call 476-5021.

CANCER SUPPORT: The UCSF Clinical Cancer Center and Ida & Joseph Friend Cancer Resource Center offer a support group for patients with "Colo-Rectal Cancer," 6:30-8 p.m., 2200 Post St. Contact Andrew Kneier at 885-7585.

29 tuesday

FREE LEGAL ADVICE: The UCSF AIDS Health Project offers free legal advice for executing durable powers of attorney for health care, 3-8 p.m., 1930 Market St., San Francisco. Several volunteer attorneys and notaries public from the AIDS Legal Referral Panel will staff the event. To make an appointment, call 291-5454. Drop-ins will also be accommodated on a first-come, first-served basis.

30 wednesday

GI SEMINAR SERIES: Raman Muthusamy, fellow, GI Division, presents "Evaluation of Occult Blood Loss: Efficacy and Cost-Effectiveness," 8-9 a.m., S 214, Parnassus.

GI GRAND ROUNDS: Mark Tanchel, fellow, GI Division, presents "Unknown Cases," 9-10 a.m., S 214, Parnassus.

BROWN BAG LECTURE: Wade S. Smith, director, UCSF Stroke Service and assistant professor, clinical neurology, department of neurology, presents "Stroke: What You Need to Know," 12:10 p.m., enter at 513 Parnassus, then go to HSW 300. Sponsored by Public Service programs. Call 476-4394.

SMOKING CESSATION: See June 23 listing.

JULY

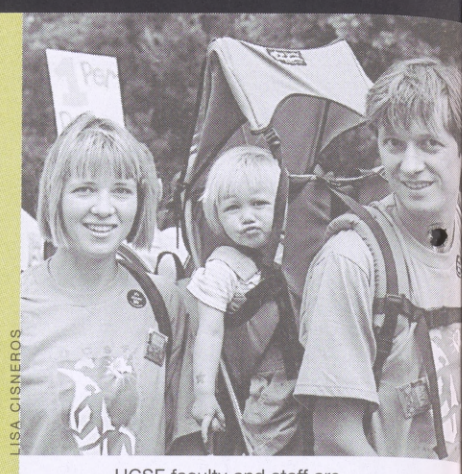
1 thursday

BROWN BAG LECTURE: Teresa L. Wright, chief, gastrointestinal division, VAMC and associate professor, medicine, UCSF, presents "Hepatitis C," 12:10 p.m., UCSF/Mount Zion, 1600 Divisadero, Herbst Hall. Learn about new developments and treatments for Hepatitis C. Sponsored by Public Services Programs. Call 476-4394.

WORKSHOP: Cathy Holt presents "Prepare for Surgery Workshop," 5:30-7:30 p.m., 2356 Sutter St., 3rd Flr. Conference Room. This workshop utilizes mind-body techniques to help participants relax and achieve a state of mind conducive to healing. Sponsored by the Cancer Resource Center. To register, call 885-3693.

2 friday

TAI CHI: Increase your strength, flexibility and balance while achieving an inner state of attentiveness and relaxation. Classes begin July 2 and 7, 11 a.m.-noon, weekdays, Millberry Union Fitness Center. Discounted fees for UCSF students and employees. More information: 476-1115.



LISA CISNEROS

UCSF faculty and staff are encouraged to participate in AIDS Walk San Francisco on July 18. See details below.

upcoming events

UCSF joins AIDS Walk 1999

UCSF once again joins corporate and community teams in support of AIDS Walk San Francisco. This year's walk is slated for Sunday, July 18.

UCSF is co-chair of Northern California's largest event to raise funds to fight AIDS.

About 600 UCSF team members participated in last year's event, which raised more than $3 million for Bay Area AIDS Organizations, including the UCSF AIDS Health Project.

The UC team, with more than 800 members, placed seventh among the top corporate teams, raising more than $60,000.

To register for this year's walk, go to http:/www.aidswalk.net, click on AIDS Walk San Francisco and fill out the form. Be sure to join the UCSF team, No. 0089. People can also download materials online. To register with Public Service Programs, call 476-4394.

T-shirts for the AIDS Walk will be distributed Thursday and Friday, July 15 and 16, from 8 a.m. to 5 p.m., in the Medical Sciences lobby at 513 Parnassus Ave.

Walkers must register by Friday, July 9 and have a minimum donation of $10 in order to receive a T-shirt. Unlike previous years, no T-shirts will be distributed the day of the walk.